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## The Classmate: Officer Students' Wives' Club / Vol.4, no.6 (July 1990)

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Officers Students Wives Club

Vol. 4 No. 6 July 1990







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# the classmate

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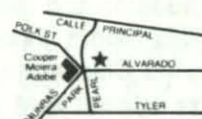
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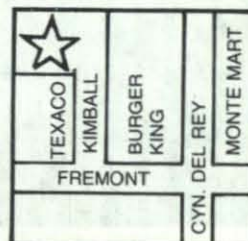
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## Editor's Note

by Susan Romanelli

As the new editor of Classmate, I have inherited a wonderful job. The Naval Postgraduate School is one of the few places lucky enough to have a monthly magazine published exclusively for its own community. Traditionally, Classmate has been a forum for information and a creative outlet for students and family members.

This month, in keeping with tradition, the Classmate staff has written some articles that will invite you to

rest and recreate around town and others that will take you far from the Monterey fog.

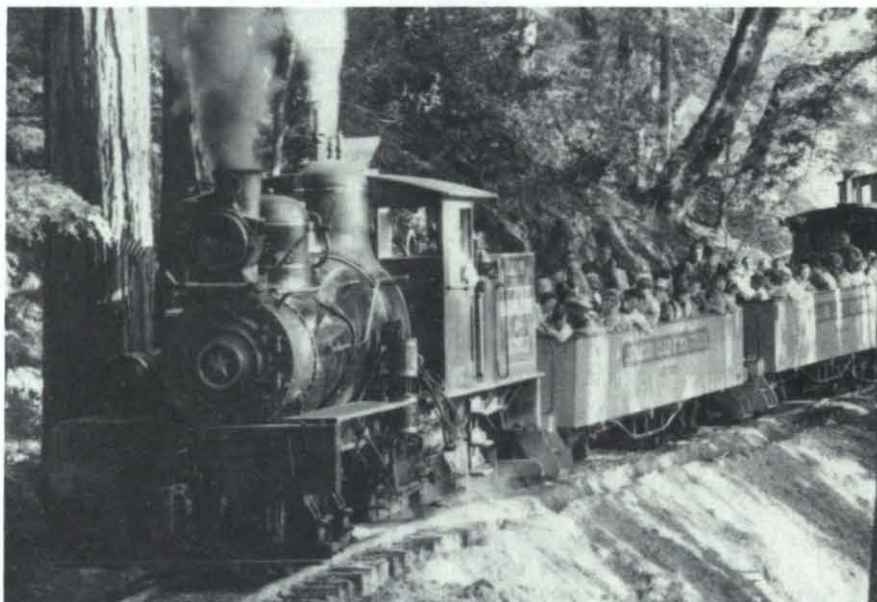
Travel to Big Sur with our assistant editor, Leigh Gardener, and photographer Beth Hedges. They sought out the best spots for camping among the redwoods (although Leigh prefers her campfire on the Nepenthe restaurant's elegant veranda). Copy editor Nancy Ohanian explores peaceful San Luis Obispo and Tina Brock takes a break from behind the viewfinder to let us know what's happening in "July Around The Bay."

On a more serious note, the CNO criticizes the "pell-mell" rush to cut

military, on page 10.

I would also like to welcome some new staff members. Jennie Culpepper's first article will make it easy to relax at some of Carmel's fashionable health clubs and our humor columns will be enhanced by illustrator Beth Gillingham's unpredictable satire.

If *you* have a story to tell or a picture worth a thousand words, come join us in Herrmann Hall's Tower room at 7 p.m. on the first Tuesday of every month. Our July meeting, set for the 10th to accommodate summer vacationers, will focus on the September/October "Welcome Aboard" issue.



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# President's Message

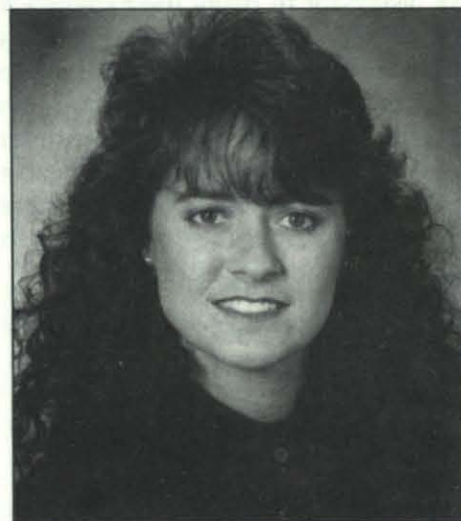
by Robin Williamson

I would like to say that I feel very privileged to be the new OSWC President. I (and many others) will miss Debbie a lot, and I will do my best to uphold a tradition of excellence in being President. I cordially welcome all advice, questions and comments from everyone.

It's hard to believe that June was here and gone. We all noticed the moving vans bringing in new families just as we saw our friends packing up to go on summer vacations. July will probably offer the same relaxing atmosphere, scattered with picnics, ball games and children's activities. It's a rather slow time of year for the OSWC as well. We're looking forward

to our two major summer events: the La Mesa Run and Cramalot, both in August.

The OSWC provides a wonderful opportunity for those who would like to be socially involved. We have continued with our programs that benefit La Mesa and the NPS. In order to keep all our activities running smoothly, we have a large number of unselfish people who keep the committees rolling and who keep up with our members' activities. And we are looking for people to continue to maintain our great activities. Sometimes we make the mistake of saying that we "give up" our time; what we do is offer our time and talents to be



of service to others. And time like that is well spent. It's a wonderful feeling knowing that we are helping someone else.

I would personally like to thank all members of the OSWC who have given their time and to say that I consider their effort and contributions priceless.

## OSWC MEMBERSHIP

The OSWC is the Officer Students' Wives' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSWC also sponsors the Art Auction, Adobe Tour, International Students' Wives Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly *Pink Flyers* and the OSWC Directory. To obtain membership, fill out the form below and send it with a check made out to OSWC to: Susan Anderson, 2674 SMC, Monterey, CA. Phone 373-5407. Dues: \$2 per quarter, minimum 4 quarters for new members/renewals (or remainder of duty stay. Membership is free to all International spouses.

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Length of Membership \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Are you interested in committee work? YES \_\_\_\_\_ NO \_\_\_\_\_ Volunteer? YES \_\_\_\_\_ NO \_\_\_\_\_

Would you like to participate in our club administration? YES \_\_\_\_\_ NO \_\_\_\_\_

Do you wish to have your Name, Spouse's Name and Service, Address and Telephone Number in the OSWC Directory? (members only) YES \_\_\_\_\_ NO \_\_\_\_\_

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## New Kids on the Block

by Pamela Wawrzeniak

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A son, **Steven Brad**, 3 lbs 7 ozs, on April 7, 1990 to **Tony and Kathy Cutri**.

A son, **Jason Dimitris**, 6 lbs 15 ozs, 19 1/2 inches, on March 2, 1990 to **Dimitris and Tina Papadopoulos**.

A son, **Brandon Marshall**, 9 lbs 7 ozs, 21 1/2 inches, on January 3, 1990 to **Phillip and Paula West**.

Birth announcements may be sent to Pamela Wawrzeniak c/o SMC Box 2397 or 110 Deakin Circle, Monterey, CA 93940. Deadline is the first of the month prior to the month of publication.

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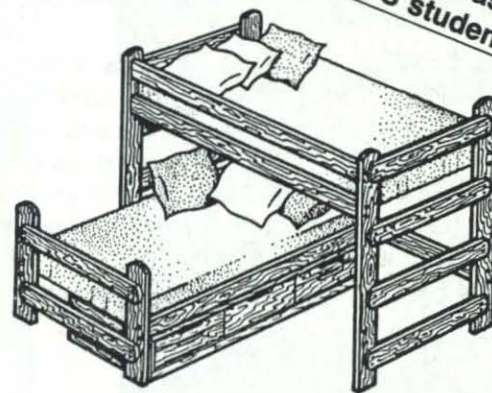
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## Officer Students Wives Club Mini Classes

by Nancy Pullen

If you are interested in teaching a class, OSWC Activities would love to know about it. Please phone me, Nancy Pullen, at 375-4547, and I will be happy to list your name and course. It's a great way to meet people, and it puts a little money in your pocket! If you are interested in taking any of the courses listed below, please call the instructors for more information.

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**Beginning Tole/Folk Art Painting** — Andrea Kindl (649-6537)

**Bowling** — Cheri Kendall (373-1183)

**Children's Creative Dance** — Terri Grimshaw-Dormody (624-3799)

**Decorating with Dip 'N Drape** — Jo Ann McLean (655-0717)

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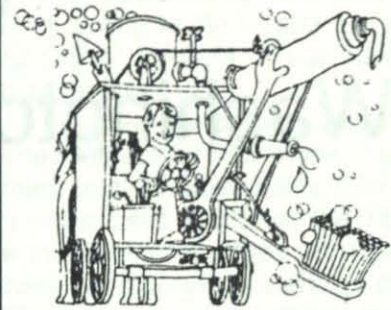
**Washi Eggs and Crafts** — Paula Jean Palmore (375-2757) Washi is ornate handmade Japanese paper. It makes lovely things when used to cover eggs or cardboard kits. This class will feature Washi eggs (\$8.00) and Washi tissue box holder (\$10.00). Both classes include materials, but please bring your own scissors and ruler. For eggs bring a tape measure also. Day and time to be determined later.

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When you walk down the corridor to the cafeteria in Herrmann Hall, it's almost impossible to keep your eyes from turning to the vibrant and colorful Officer Students' Wives' Club display windows.

Publicity chairperson Jane Angus does the artwork for these three-dimensional advertisements. The creative process starts in the library, where she researches her topic. (A book on marathons inspired the La Mesa Run window.) Then she and assistant DeeDee Collins, who prints all those signs, discuss the final motif.

When the design is finished, the committee, including Susan Anderson, Sara Smith and Stacey Starsman, meet to arrange the props that brighten Herrmann Hall every month.

According to Jane, the Publicity committee is adding something new to their display. "Since there's been so many things happening lately, we chose to do a monthly calendar of events. We're doing the window for new people and for people who are not members of the OSWC. It feels great to do something creative like this."

She adds, "One more good thing about being on the committee is getting to meet people I never would have met otherwise. I want to thank everyone."

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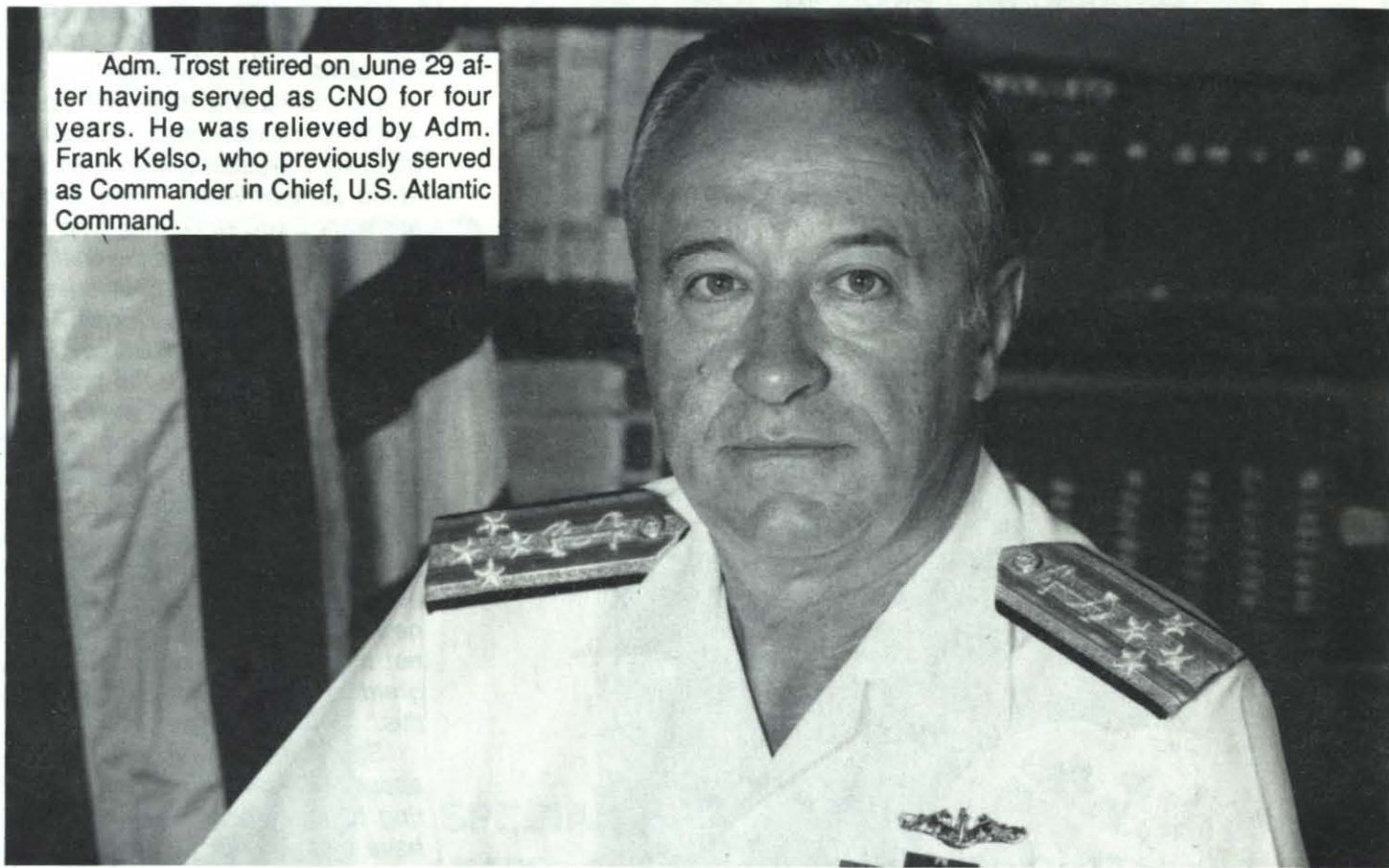
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# CNO Criticizes "Pell Mell" Rush to Cut Military

Adm. Trost retired on June 29 after having served as CNO for four years. He was relieved by Adm. Frank Kelso, who previously served as Commander in Chief, U.S. Atlantic Command.



WASHINGTON — Chief of Naval Operations Adm. Carlisle Trost says that despite dynamic changes in the world's political situation, our country's maritime strategy remains current. "The basic tenets haven't changed: Our dependence on forward-deployed forces to maintain regional stability and our dependence on forward-deployed forces to react promptly in the event of a threat to our national interests," said Adm. Trost.

He noted that a strong maritime posture is essential for the United States. "The U.S. is heavily dependent on imports of fuel and strategic minerals from overseas, and it needs free access to overseas markets for our trade goods and agricultural products. All this demands the capability to protect our own economic and political in-

***"We are driving our people out by demanding more than we should of any normal human being."***

terests overseas, as well as to protect the interests of our friends and allies. This translates into a strong, forward-deployed Navy and Marine Corps," said the CNO.

In a recent interview, the CNO pointed out that while the Soviet Union has posed the principal threat to U.S. and allied national security, it clearly

could not muster a rapid attack across the East-West boundaries in Europe with Warsaw Pact support because of the political and economic changes that have taken place both in Eastern Europe and in the Soviet Union.

Nonetheless, Adm. Trost said that one should not forget that the Soviet Union still possesses considerable residual forces. "For example, the Soviets are continuing modernization programs of their strategic forces at a considerable rate. Conventional forces, particularly in the case of the navy, continue to be modernized even as the Soviets scrap old, obsolete units," he said.

Trost also said that we must keep in mind that the Navy's role around the world has a focus that isn't Soviet-oriented. Discussing the Third World



threat, Adm. Trost said that there are hundreds of submarines in the hands of other countries around the world — some hardly friendly to the United States. He said many countries are building and exporting submarines, the Soviet Union among them.

In a recent statement to Congress, Adm. Trost cited the following points to describe the Third World threat:

- 102 countries now have cruise missiles; by the year 2000 at least 15 countries will be producing their own ballistic missiles;
- 41 countries now have naval mining capability;
- 14 countries worldwide now have chemical weapons (11 are suspected to be developing them);
- 3 countries worldwide now have bacteriological weapons (15 are suspected to be developing them);
- 40 countries worldwide now are arms producers;
- 41 countries worldwide now have diesel attack subs (in the Third World alone there are nearly 250 diesel submarines).

Asked about the goals he established four years ago when he assumed office, the CNO said his principal goal was to continue the emphasis on people as the key element of the Navy's readiness. He also said the Navy has been able to back up its policy of no longer than six-month deployments for its people and of control of their time away from homeport.

Responding to congressional suggestions of reducing the Navy's budget by placing an ever-increasing amount of responsibility and tasking on the Reserve element of the Navy, the CNO stated, "We depend heavily on the Reserves. They are essential to our mission. There are many so-called defense experts who claim that large savings can be realized by further expansion and transfer of assets to the Naval Reserve. Such comments are naive, and ignore the basic realities of what is required to operate ships and aircraft at sea, and what makes our Navy effective and credible ... The real savings are only marginal. It is only 10 percent

less expensive to maintain a ship in the Naval Reserve than it is in the Active Duty."

Adm. Trost said his greatest disappointment is that too few people seem to appreciate fully the relationship between the improvement in the country's military readiness from its rather dismal state of the late 1970s to the strong national security posture that the United States presents today.

"As a matter of fact, we see almost a pell-mell rush on the part of many members of Congress today to disassemble the military as rapidly as possible," Adm. Trost said. "We try to remind people that we did a rapid demobilization ... after World War II, we did it again after Korea, we did it again after Vietnam, and every time we have gone too quickly or gone too far," the CNO continued.

Adm. Trost expressed disappointment over a number of proposals from members of Congress which he feels would drastically reduce our capabilities in a very short period of time. One, for example, proposes a reduction in the current Navy force of 14 carrier battle groups. "I'm reminded that we tend not to remember history. We gain experience, but we forget it very quickly," he said.

The CNO recalled his days as Seventh Fleet Commander in the late 1970s when the Navy had 13 carrier battle groups. He said that the Navy had a lot of people forward-deployed because of the hostage crisis in Iran and the Soviet invasion of Afghanistan. These events drove a deployment commitment which resulted in deploying ships for eight-and-a-half to nine months at a time. Using USS Eisenhower as an example, Adm. Trost said that the ship deployed for eight-and-a-half months in 1980 but very few of the people who served at that time remain in the Navy as a result of that experience. "We are driving our people out by demanding more than we should of any normal human being. We, therefore, should be mindful that today's force levels are hardly excessive," he said.

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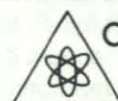
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## COMMENTS ON HAIR

by Kimberlee

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Client 1. A person under the protection of another. 2. A person who engages the professional advice or services of another.

—Webster's Dictionary

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# Cornering the Markets

by Deborah Gear  
(and updated by Tina Brock)

The story is an old but familiar one. You're new in town and need to pick up a few of the necessities, but don't know the area. Let the Classmate staff's fingers do the walking for you. We have the real scoop on where the full-time residents go to get their "real" shopping done.

First, you have to know what's out there. To help you get your bearings, I have compiled a list of the major shopping areas on the peninsula, sprinkled with a few personal favorites you might find fun or useful.

## Seaside

**K-Mart** — Dependably predictable. Canyon Del Rey and Hwy. 1, 394-6523.

**H&H Home and Craft Center** — Building supplies, hardware and garden center, not to mention a well-supplied crafts department. Adjacent to K-Mart, 899-2451.

## Sand City

**Costco** — Warehouse-type store. You can buy goods at a discount if you buy bulk. Must become a member. 801 Tioga Ave., 899-1931.

## Monterey

**American Tin Cannery** — This outlet mall has been a real find for peninsula

bargain hunters. Here are just a few of the manufacturers represented: Corning, Van Heusen, Bass Shoes, and Carters. 125 Ocean View Blvd., just west of the aquarium, 372-1442.

**Alvarado Street** — On this main street of downtown Monterey you'll find J.C. Penney's, Woolworth's and various smaller shops.

**Del Monte Shopping Center** — This outdoor mall is the shopping mainstay of the peninsula. Stores include Macy's, Mervyn's (their end-of-month sales are great), and many of the chains you have come to expect in a mall. Munras Avenue and Hwy. 1.

**Del Monte Produce** — Fresh produce at low prices. 2400 Del Monte Avenue.

**Farmer's Market** — Area farmers offer a variety of fruits and vegetables from 1 to 5 p.m. on Thursdays, June through December. Located in the Monterey Peninsula College lower parking lot.

**New Look** — If the student in your life needs bookcases, this relatively new furniture store is worth a stop. Good selection of modular and casual furniture. 2066 N. Fremont St., 372-5044.

**Outdoor World** — Camping equipment, sporting goods, wide selection

of athletic shoes, name-brand athletic and casual wear. 2090 Fremont St., 372-1335.

**Rascal's** — Children's specialty store, helpful salespeople. 780 Abrego St., 373-0928.

## Pacific Grove

Shoppers in Pacific Grove will find that the buildings lining the main thoroughfare lend a nostalgic air of yesteryear to this small town. Here is a sampling of some of the stores you might find:

**The Country Store** — American country furniture and accessories. 618 Lighthouse Ave., 373-8049.

**Ford's** — Traditional department store, carrying everything from furniture to stationery. Try their rooftop restaurant and enjoy the magnificent view of the bay. 373-8049.

**Grand Central Station** — Unique collection of specialty shops. Located behind Ford's, 157 Grand Ave.

**Pier 1 Imports** — Local representative of the nationwide chain. Carries a full line of exotic imports, including baskets, rattan furniture, brassware, etc. 490 Lighthouse Ave., 373-5955.

**The Wooden Nickel** — Chockablock full of country and Victorian antiques, accessories, gifts and fabrics. 529 Central, 646-8050.



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## Carmel

**Carmel Plaza** — Multi-level collection of shops surrounding an open courtyard. Some of the special shops include: I. Magnin, Banana Republic, Brentano's, Thinker Toys and Saks Fifth Avenue. Located on Ocean Avenue. Public parking is available beneath the plaza in a garage on Mission Street.

**Dansk II** — Outlet store for the famous Danish china and cookware. Ocean Avenue and San Carlos, 625-1600.

**Nature Company** — Books, gifts, posters, etc. from the educational to the exotic and all pertaining in some way to the natural world around us. Ocean Avenue, 624-1334.

**Handworks** — Gifts, art collectibles — everything in the shop is a handmade original: hence the name! Two locations: Dolores and 6th, 624-6000; Dolores and 7th, 624-8198.

If you've accomplished the impossible and exhausted the shopping resources of downtown Carmel, don't despair. Here are two more worlds for you to conquer:

**The Crossroads** — Designed to evoke an Old English feeling, the more than 90 stores, boutiques and restaurants should be a challenge to even the most dedicated shopper! Rio Road, off Hwy. 1.

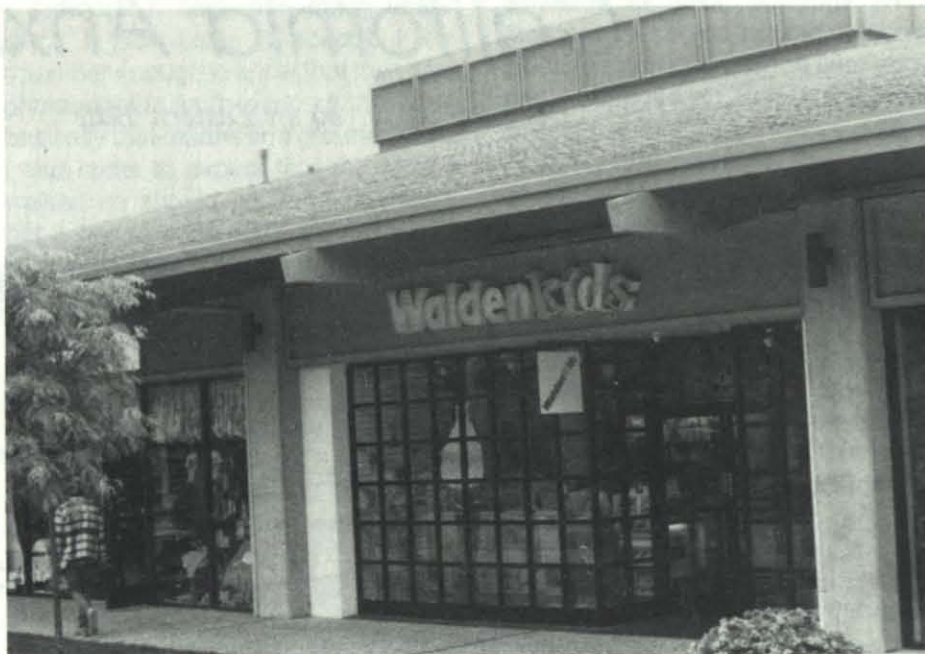
**The Barnyard** — There are over 55 shops here set amidst colorful landscaping. The Cotton Bale has a wonderful selection of decorator and designer fabrics. The Thunderbird is a locally famous bookstore. Last but not least, the Peppercorn offers an interesting array of housewares. Carmel Valley Road and Hwy. 1.

## Salinas

**Northridge Mall** — Has over 130 stores, including Sears, J.C. Penney's, Mervyn's and Emporium-Capwell. Boronda Road off Hwy. 101, 449-7226.

## Gilroy

**Pacific West Outlet Center** — This recently opened outlet mall hosts many famous outlet stores, including Maidenform, Ann Klein, Nike and Barbi-zon. Take Hwy. 1 north to Hwy. 156 east to Hwy. 101. Hwy. 101 north to Gilroy and take the Leavesly Road exit.



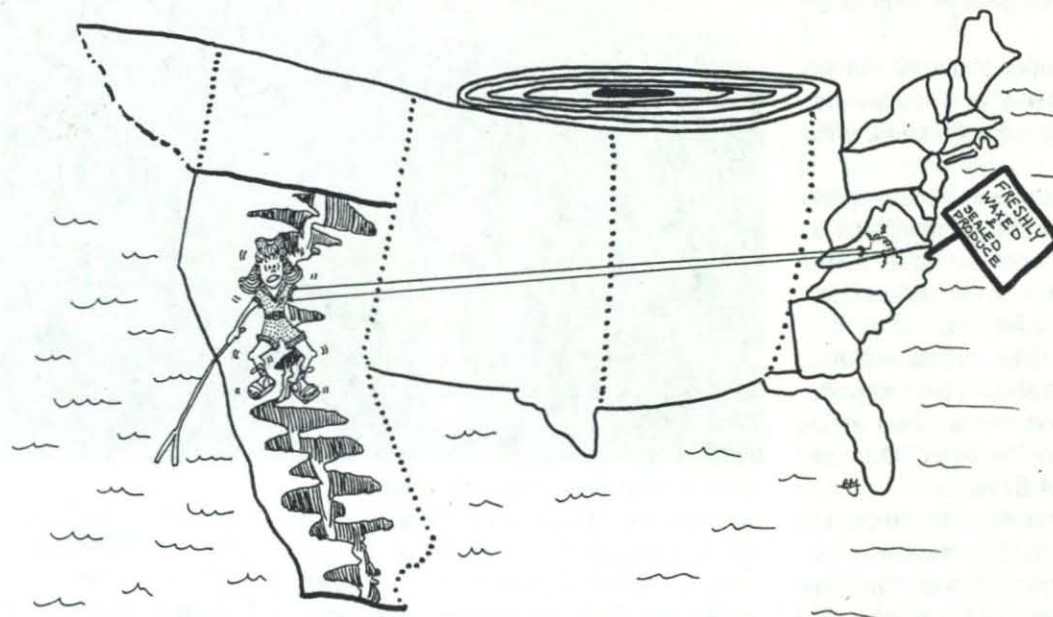
# Shopping Centers

Name	Address	City
The Barnyard	3618 The Barnyard	Carmel
Carmel Plaza	Off Ocean Avenue	Carmel
Carmel Rancho	Carmel Valley Road	Carmel
The Crossroads	106 Crossroads Boulevard	Carmel
Marina Shopping	Del Monte & Reservation Road	Marina
El Rancho Shopping	Reservation Road	Marina
Del Monte Shopping	Off Highway 1 on Munras Avenue	Monterey
Doubletree Mall	321 Alvarado Street	Monterey
Old Monterey		
Heritage Harbor	Fisherman's Wharf	Monterey
Monte Mart	815 Canyon Del Rey Road	Monterey
Fairway Shopping	Off Forest Avenue	Pacific Grove
Country Club Gate	David Avenue at Forest Avenue (Route 68)	Pacific Grove
American Tin Cannery	125 Ocean View Boulevard	Pacific Grove
Monte Mart	S. Sanborn Road & E. Alisal	Salinas
Northridge	Highway 101 & Boronda	Salinas
Sherwood Gardens	971 N. Main Street	Salinas
Eastridge Mall	1 Eastridge Center (on Tulley)	San Jose
Valley Fair Mall	2801 Stevens Creek Boulevard	San Jose
K Mart	Canyon Del Rey & Highway 1	Seaside



# California Anxieties

by an Eastern Belle



I must confess that moving this far West was a real eye-opener. My formative years were spent on the East Coast. You know: the 13 original colonies. For most of my life my perception of the world was that to my right – Virginia being the center of the Universe – was London and Europe and beyond, and to my left was the great Mississippi, dividing civilization from jungle. Except for Colorado with its great skiing. Then there was the vast desert wasteland and, plop, the Pacific Ocean. Further left was Tokyo and then we were back to Europe, with Africa tucked somewhere underneath. Enough of my parochial geography lesson.

Now back to California and Monterey. Seeing as I thought this place never existed, I was surprised when we got orders here. I quickly looked up California in the *World Book* – the state with the greatest number of people under psychiatric care. Determined not

to be a statistic, I packed my sea bag, took one last look at the Atlantic, and departed for points West and its unknown anxieties.

## Water Anxiety

So I wasn't wrong about the desert part. California is part of the desert, especially when we arrived last July – one month into water rationing and four months since it last rained. We chose our La Mesa house based on *no lawn* since I hated leaving the grass screaming at night, "water, water..."

Okay, I have been through water rationing before on the East Coast, but we called it summer conservation. There is a big difference between lowering one's use of water because our reservoirs were getting a tad lower than the water engineers desired, and having no water at all. One could still drive by the vast reservoirs and be reassured to see plenty of glistening blue fresh water.

In Monterey the only thing that glistened is the deadly expanse of salt water – blue and inviting, yet deadly to the human being. A drive to the reservoir causes "water anxiety." Steep barren cliffs, hundreds of feet down, with just a puddle of water hanging frighteningly in suspense. Makes me think twice about flushing the toilet.

When I went back east for my sister's wedding in September I stood outside in the rain. My mother thought I was sick; she herself was very anxious that the rain would clear before the wedding. I, on the other hand, just stood there marveling at the strange and beautiful sight of sheets and sheets of rain drops pouring down on my parched body – a real downpour. I seriously thought about canning some of it to bring home as a souvenir.

## Shopping Anxiety

Now the shopping is another story altogether. Back home, I prefer shop-



ping at Giants, especially the Gourmet Giants, which is sort of a Nordstroms of supermarkets. Everything is packaged and displayed so beautifully, a far cry from MPC's Farmer's Market. My first experience with the Farmer's Market was trying to buy lettuce. Being the next customer in line, I stepped right up and bravely declared my intention to purchase lettuce. The farmer said, "What kind?" What kind? Well at Giants on a good day we had two: Romaine and Iceberg, and, oh yes, Boston leaf lettuce. So I asked for Iceberg. The farmer sort of laughed and said that out here that's hardly even considered lettuce. Embarrassed, I asked for the more gourmet variety — Romaine or leaf lettuce. Now we're talking. Right? Turns out there are eight varieties of leaf lettuce. What happened to the simple joys of Iceberg?

### **Terra Firma Anxiety**

Although it has been many years since I took Latin in school, I do remember enough to know that the Latin phrase for the earth is *terra firma*. Now basically that means firm ground. Well, I had come to expect that the *terra* I walked on should be *firma*. It wasn't but a few months after we moved to Monterey that I discovered that the *terra* around here is anything but *firma*; it is more like jello. Earthquakes are enough to give anyone *terra firma* anxiety.

Now it is not that I dislike a little rock and rolling every once in a while, but it is unnerving to suspect that every truck rumbling by is an earthquake. And what about when Fort Ord is testing some of those "humongo" mortars. I don't know about your house, but mine shakes with every blast. But at least those are all at home. I think the

worst forms of *terra firma* anxiety are exhibited in office buildings around Monterey. As some excited person decides to bound across the floor above, the supposedly earthquake-proof building shakes and sways with the compounded pressure. Everyone sort of stares at each other with that wild look — "Here comes another one."

But I have also found remedies to combat these various forms of anxiety. To beat the water shortage, I've just decided to drink White Zinfandel wine. To parlay the difficulty in ordering lettuce, I've decided to beat them to the punch and order only spinach for salads. And finally I've decided that sailing on the Monterey Bay beats shaking up and down on the *terra firma*. So I hope you too have developed coping methods for dealing with the land of raisins, prunes, wine, and nuts.

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# Tips For a Throwaway Society

Commercially speaking, Earth Day was a big success. This worldwide media event enabled millions of people to feel good, chant some slogans, pick up some garbage and plant a few trees. Is this what we need? Yes and no. Twenty years ago the flowerchild approach might have helped. Today environmental activists are up against strong lobbies, fax machines and the competitive dilemma of supply and demand. The world is moving too fast for folk songs and even MTV cannot reverse the staggering amounts of pollution we pump into the air and earth every day or replace the natural resources we remove. The 1990s call for action, education and legislation.

This year Americans alone will throw away more than 10 million tons of aluminum cans and foil, more than 11 million tons of glass bottles and jars, more than four and a half million tons of office paper, and nearly 10 million tons of newspaper. Most of this could be recycled. Each person in your family generates three and a half pounds of garbage a day. About 70 percent of it

is recyclable. Here's what you can do and where you can go to help:

- Don't ignore the curbside pickup of glass, cans, and plastics. Every time you recycle one aluminum can you are saving as much energy as if that can were half full of oil.

- Take materials like batteries, computer paper, magazines, cardboard, motor oil and car batteries to the businesses listed at the end of this article.

- Start a recycling program in your office. It might be as simple as putting an empty box next to a copy machine.

- Precycle. Buy items packed in recyclable materials.

- Bring a coffee mug to work or school.

- Bring your grocery and produce bags back to the commissary and reuse them.

- Use cloth diapers. Disposable diapers make up two percent of our landfills.

- Use recycled paper. [Contact Al-  
phagraphics, 201 W. Franklin, Mon-

terey, CA 93940, 373-8168 (for writing, text and cover paper); or Conservatree Paper Co., 10 Lombard St., Suite 250, San Francisco, CA 94111, (415) 433-1000 (for bulk amounts of recycled computer paper).]

- Reduce your junk mail by contacting Direct Marketing Association, 6 E. 43rd St., New York, NY 10017, (202) 689-4977.

- Let your congressional representatives know what you want. Did you know that the United States used 40 percent of the world's newsprint supply but only 14 percent of that is made from recycled paper? The federal government still subsidizes the timber industry, making prices for virgin paper very low. In the last 200 years, 97 percent of the ancient forests in the continental United States have been cut down and deforestation doesn't stop at our borders.

- Celebrate Earth Day *every day*.

This will be a monthly column. If you have information that will help people make a difference, please send it to SMC Box 2330.

## Recycling Centers on the Monterey Peninsula

### CARMEL

**Carmel Marina Recycling** — residential and commercial areas; curbside collection; plastic, glass, newspaper, aluminum; open weekly; 384-5000.

**20/20 Recycling** — 26555 Carmel Rancho; buyback; plastic, glass, newspaper, aluminum; open Wed-Fri, Sat 8:30-5, Sun 11-5; 487-2048.

**Monterey Regional Waste Management District** — Carmel Rancho Center; drop-off; glass, aluminum, magazines, tin, newspaper, clear plastic; open all hours; 384-5313.

### CARMEL VALLEY

**20/20 Recycling** — Mid-Valley Center; buyback; plastic, glass, aluminum; hours Wed-Fri, Sun 11-5, Sat 8:30-5; 487-2048.

**Carmel Marina Recycling** — 9 Pilot; drop-off; glass, aluminum, newspaper, cardboard, glass; hours Mon-Sat 8-3; 659-3491

### FORT ORD

**Monterey Disposal Service** — call for location of nearest drop; drop-off; newspaper, alumi-

num, glass, tin, plastic; all hours; 372-7977.

### MARINA

**Carmel Marina Recycling** — residential areas; curbside collection; newspaper, glass, aluminum; hours bi-weekly; 384-5000.

**20/20 Recycling** — 270 Reservation; buyback; plastic, aluminum; Wed-Fri, Sun 11-5, Sat 8:30-5; 487-2048.

**Marina Landfill** — 14201 Del Monte; drop-off; call for information; Mon-Fri 6:30-5, Sat 8-4:30; 384-5313.

### MONTEREY

**Monterey Disposal Service** — residential areas (commercial & multi-family dwellings to be added soon); curbside collection; newspaper, aluminum, plastic, glass, computer paper, white paper; weekly hours; 372-7977.

**20/20 Recycling** — 570 Munras, 2370 N. Fremont; buyback; plastic, glass, aluminum; Wed-Fri, Sun 11-5, Sat 8:30-5; 487-2048.

**Monterey Regional Waste Management District** — 600 Pacific; drop-off; plastic, tin, glass,

aluminum, newspaper; all hours; 384-5313.

### PACIFIC GROVE

**Carmel Marina Recycling** — residential areas; curbside collection; newspaper, aluminum, glass; bi-weekly hours; 384-5000.

**Monterey Regional Waste Management District** — 1212 Forest; drop-off; plastic, tin, glass, aluminum, newspaper; all hours; 384-5313.

**20/20 Recycling** — 1212 Forest; buyback; plastic, glass, aluminum; Wed-Fri, Sun 11-5, Sat 8:30-5; 487-2048.

### SEASIDE

**Coors Recycling Center** — 1781 Del Monte; buyback; aluminum, glass; call for information; 899-1112.

**20/20 Recycling** — 1546 Del Monte; buyback; plastic, glass, aluminum; Wed-Fri, Sun 11-5, Sat 8:30-5; 487-2048.

**Monterey Regional Waste Management District** — Canyon Del Rey/Hwy. 1; drop-off; glass, tin, clear plastic, magazines, newspaper, aluminum; all hours; 384-5313.



# *Pamper Yourself at the Peninsula's Super Spas*

by Jennie Culpepper

If a day at the spa is what you need to jumpstart your fitness program, the Monterey Bay area has many military-sponsored and private health centers from which to choose.

NPS offers many alternatives, including convenient tennis courts, a beautiful pool (open from late May until mid-September), and a small but fully equipped gym. Sometimes, however, it is refreshing to travel to a new surrounding. The other local bases offer excellent free facilities and the exclusive health clubs are less expensive than you might imagine.

At the Carmel Country Spa, nestled in the lovely Carmel Valley, you can pamper yourself for the day for \$60. The program includes three meals, cumulatively totaling 700 to 800 calories, and use of all spa facilities and activities. The daily schedule includes classes in everything from low impact aerobics and aquathinics (water aerobics) to muscle toning and hatha yoga. Even the summer temperatures are about 10 degrees warmer than Monterey's. A relaxing happy hour, featuring diet sodas and vegetable hors d'oeuvres, a light dinner, and occasional evening entertainment finish your spa experience.

A \$60 swim card, good for 14 swims and use of the hot tub, is also available at the Country Spa. The spa is located on Country Club Way off Carmel Valley Road. The staff is happy to answer questions about their facilities by phone: 659-3486.



Carmel's Chamisal Tennis Club and Fitness Center is offering a special one-third discount off July initiation fees for NPS students, faculty and staff and their families. Only 10 miles away, it is another great escape from the Monterey fog. For a \$10 drop-in rate, you can spend the day swimming in the heated 25-yard pool, relaxing in the outdoor jacuzzi surrounded by eucalyptus trees, playing volleyball or basketball, and, depending on how enthusiastic you are, taking any of the hourly aerobics classes. Or try the fitness room, which includes Nautilus, free weights, exercise bikes, a Stair Master, and a Concept Two rowing machine. The café serves tasty and, of course, healthy lunches and dinners, including homemade soups and pastas.

Chamisal also offers tennis lessons for children and adults and a summer camp for kids. Child care is even provided — for \$2 an hour for the first child and \$1.50 for each additional child.

The club is open from 0600-2100 seven days a week. To get to Chamisal, drive east on Highway 68, turn left onto Laureles Grade Road, and take your first left onto Robley Road. Chamisal overlooks the valley at the end of Robley Road. For more information, call 649-1135.

The Defense Language Institute's new recreation complex, Price Fitness Center, located on Mason Road, has a large gym which can be partitioned off to accommodate three different activities at one time, including volleyball and basketball. The Nautilus room is not furnished with the entire line of machines but does include the major muscle workers. The room resembles a health club, with wall-to-wall carpeting, floor-to-ceiling windows, clean equipment, and exercise bikes. You'll find a sauna in the spacious locker rooms. This complex is open from

1000-2100 Monday through Friday and from 1000-1800 on weekends.

Fort Ord offers a wide range of facilities free to all active duty military and dependents. The 50-yard, eight-lane indoor pool is located on Eighth Street and First Avenue. Because the pool is indoors and heated to 80 degrees, it is a great place to swim on cold, cloudy days and is open year-round.

Also at Fort Ord are two relatively new health facilities.

The Freeman Stadium facility has the newest equipment around. Not only does it have the complete Nautilus circuit, but also a complete free weight set, including incline and decline benches and trained sports trainers to prevent injuries and help set up individual training programs. Freeman also has two Universal rowing machines, one Aerobicycle, one Nautilus recumbent cycle, three Schwynn Airdyne cycles, and a three-station versa-climber. This facility is open from 0730-0900 Monday through Friday; from 1000-1500 Monday, Wednesday and Friday; from 1000-1400 Tuesday and Thursday; and from 0800-1600 Saturdays. The Freeman Stadium gym is located on North-South Road behind the track. Drive past the stadium to First Street and park behind the bowling alley.

Faith Physical Fitness Center, on Second Avenue and Third Street, is open from 1100-2100 Monday through Friday, from 1000-2100 Saturday, and from 1000-1800 Sunday. Faith offers three good-condition racquetball courts, the complete Nautilus circuit, one Nautilus recumbent cycle, and a large gym.

The trick to staying fit is to pick activities you enjoy. These are just a few of the many athletic facilities on the peninsula that help make fitness fun.





# CELEBRATE YOUR FREEDOM

by Faye White

As I write this article in May for the July issue of the Classmate, I am very pregnant with my first child. Of course, this occupies a great deal of my thoughts and time, but it also forces me to think about not only my little world, but the greater one into which I will bring a new life. And I hope by the time this is published, I will have done that!

The month of July, for most of us, brings to mind the Fourth and all its celebration. It's a celebration each year of independence, freedom, and the birth of this country. And somehow, I find it easy to tie that in with the birth of my first child. The birth of freedom - and, the freedom of birth! (Freedom from being pregnant, that is!)

I suppose because I am wondering and perhaps even worrying about the approaching birth of my baby, I am grateful for the freedom of choice. My husband and I can choose how many children we want to have, and how we want to have them, and we can be sure that their lives won't be predestined by any power greater than their own. I know that however the child is born, with whatever strengths or weaknesses, that we can

get any kind of medical care for it that we choose. As it grows up, we can choose to educate it as we see necessary (and as we can afford), we can protect it and guide it and watch as it becomes its very own person.

I wonder how often we are mindful and thankful for some very basic freedoms, like freedom to worship, or the freedom to work or play or live where we please. Most of our active duty servicemen are currently serving their country not out of force or coercion, but out of a sense of obligation. Maybe they joined because of some freedom they appreciate. At times, as military families, it may not seem that our lives are "free" since we are directed as to where we live and serve, but there is always one right to exercise that so many peoples don't have and that is the freedom to choose.

Each Sunday in the church I attend, we sing the last verse of "America." I am really glad because it gives me the opportunity each week to think about the many precious freedoms we are afforded in this country. I don't have to wait until the Fourth of July to do that. However, I have always been a patriotic sap. When the National Anthem is played, I always

shed a few tears, and I love to see the American flag flying. It all stands for that precious freedom - choice.

I am pleased with the choices I have made in my military life. Whether Barbara Bush made it popular for our generation or not, I like not having a full-time career but rather making my marriage (and approaching family) a priority. Best of all, it gives me the time to volunteer for Navy Relief! And because they made me their Publicity Chairman, and I chose to accept, I also have the opportunity to write for the Classmate! And now that I have my July article completed, all I have to do is have this baby! Let's here it for freedom!

---

## Engineers' Ball Scheduled

Don't let the integrals and derivatives of everyday life as an NPS Engineer hold you back! Here's an excuse you've been waiting for to get all dressed up and dance the night away. Announcing the '90 Engineers' Ball. Cocktails, dinner, door prizes, and dancing are planned for this gala affair Aug. 25 in the Barbara McNitt Ballroom.

Mark your social calendar and look for further details. Call Tim Atkinson (646-2056) or Annaliesa Lundblad (373-1419) with your questions. P.S. Leave your calculators and pocket protectors at home.

---

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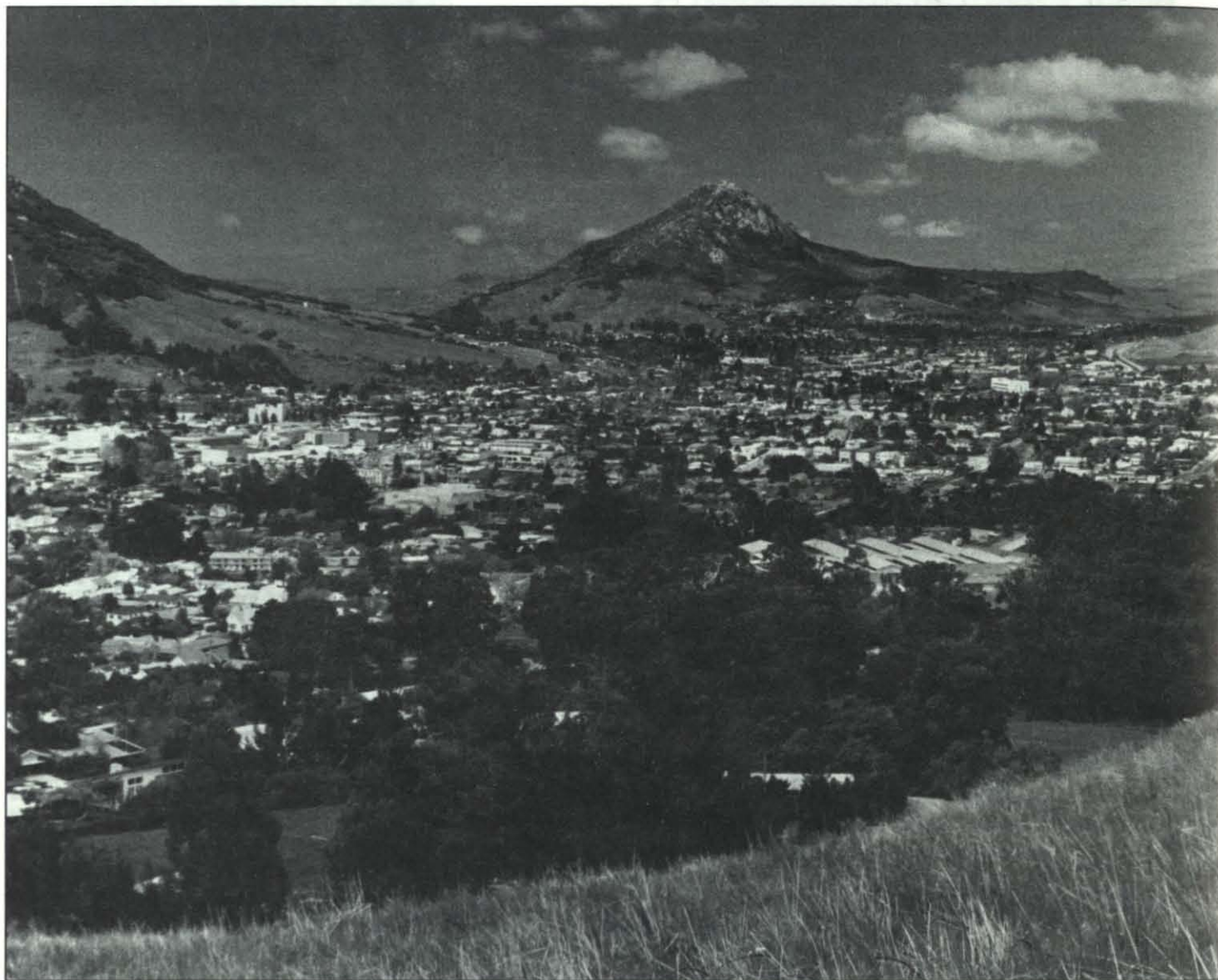
# *An international tea*





# *San Luis Obispo — Slo(w) but Delightful...*

by Nancy Ohanian



Looking for a vacation within a short distance, but just can't find anything to do that takes up more than half a day's time? Tired of paying Hearst Castle prices and still having bored children on your hands? Now that the whales have gone and your feet are still recovering from hiking scenic Big Sur, and the tourists are beginning to outnumber the sea lions on Fisherman's Wharf, what are your options for the long weekends

ahead? Head south to SLO - San Luis Obispo - a jewel in the crown of California's central coast.

Recently ranked by "The Rating Guide to Life in America's Small Cities" as the number one micropolitan area to live in, San Luis Obispo deserves a long, relaxed look by even the most weary of weekend travelers. Just 135 miles south of Monterey, the coastal city is easily accessible for a short or long stay. The small commu-

nity offers an array of attractions in and around its city limits to please every tourist, however diverse their taste in entertainment.

Begin your stay in San Luis Obispo by arriving Thursday evening. There is something of a phenomenon that occurs after 6 p.m. Downtown Higuera Street transforms itself into a myriad of smells, colors, activities and sounds. It's the weekly Farmers' Market, held Thursday



nights throughout the year. Local restaurants begin barbecuing from their own pits right on the street. Your senses will be assaulted as you try to decide between the grilled ribs and swordfish; or perhaps you might try fajitas or stir-fry... or maybe one of each? Team these up with warm sourdough bread, add a frothy fresh fruit drink, and you just might begin to forget that thesis topic waiting on a dusty desktop back home. The farmers from the San Luis Obispo area are out in force as they line Higuera Street, tempting you with their luscious fruits, vegetables, flowers and homemade wares. Children will love the evening as every corner boasts some unique local talent... jugglers, musicians, puppeteers, face painters, and clowns. Grab a curb, have a seat, and let the magic of Thursday evenings in San Luis Obispo help you begin a relaxing vacation.

Mission San Luis Obispo de Tolosa is the focus of the SLO community, being situated in the center of town on what is called Mission Plaza. Founded by Father Junipero Serra in 1772, the mission is considered by many to be the most beautiful in the chain of California missions. Built of adobe bricks made by local chumash Indians, the mission, along with its museum and gift shop, is open daily from 9 a.m. to 5 p.m. The museum contains original relics used in the church, and many artifacts made by the Indians at the time of Father Serra's occupancy there.

The Mission Plaza itself is a lovely spot where you can wander leisurely in the mild climate native to San Luis Obispo year-round. The plaza is, in essence, a park of manicured gardens and welcoming benches, offering a relaxing area in which to stop and take a moment out from your planned events of the day. The San Luis Creek winds its way softly through the plaza, while the ducks, geese and bullfrogs entertain you with their own symphony. Inviting walkways and footbridges lead you across the creek to the main shop-



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ping area of downtown San Luis Obispo. Dinner theaters, an exceptional array of pubs and restaurants, and the unique San Luis Obispo Brewing Company are but a bit of the nightlife you'll experience here. Indoor and outdoor cafes, boutiques and unusual gift shops are all within walking distance of Mission Plaza.

San Luis Obispo's heart lies in its history. Adobe homes and businesses, Victorian architecture and art deco influence all blend to create a most unique flavor that is known to San Luis Obispo alone. Behind the walls of these impressive facades lies a history in the development of SLO and the people that were an influential part of her past. The "Path of History," as laid out by the Historical Society and the Chamber of Commerce, is a compelling history lesson. Nineteen points of interest in a six-square-block area are well worth the time it takes to stroll the brick walks and gardens. Beginning at Mission Plaza and the Mission San Luis Obispo de Tolosa, the "Path of History" presents an in-depth look into the foundations of this settlement.

San Luis Obispo is home to California Polytechnic State University (Cal Poly), the largest school of engineering and architecture in the West. The Shakespeare Press Museum, horse and dairy units, and ornamental horticulture greenhouses are but a few places on the campus which can be seen on guided or self-guided tours.

Bubblegum Alley in downtown

SLO offers the tourist a rather "unusual" attraction, one the locals don't often boast about. Featured several years ago on the television show "That's Incredible," this bubblegum extravaganza is worth it... your kids will love it!

The San Luis Obispo County Historical Museum on Monterey Street is a must. Not only is it a wealth of information, artifacts and historical furnishings from the "rancho" era of SLO to the present, but the docents encourage you and your children to touch and experience the wonder of many of the exhibits first-hand. The museum itself is held in the Carnegie Library Building, built in 1904, having been established by an endowment from steel tycoon Andrew Carnegie. The building is interesting to note, as it was designed by an architect from Watsonville and constructed by a San Luis Obispo firm, and sandstone and granite were brought from nearby to build it. It is truly a historical "California" museum.

For two very unique places to stay while in San Luis Obispo, try the Madonna Inn or the Apple Farm Inn. The Madonna opened in 1959, with the pretense that it had a room for "everyone." For example, the establishment boasts a Caveman Room - it is carved out of solid rock! To fulfill your fantasy or please the kids, the Madonna Inn can find a room for you. The Apple Farm Inn is reminiscent of a 19th century Victorian inn. Each room offers a fireplace, canopy beds, and cozy nooks to relax in. Whether

you stay there or not, it is a must to visit their restaurant and bakery to try a freshly made apple dumpling or any of their sinfully delicious breakfast and dessert treats. The kids will like seeing the grist mill and apple cider press in operation.

Selecting a picnic lunch from any one of the gourmet shops and delis in SLO is an enjoyable event. Rent some bicycles (or bring your own!) and head out to one of five county parks in the SLO area. Swimming, wind surfing, softball diamonds, and play areas all offer plenty of activities to work up an appetite for your gourmet picnic.

If parks aren't your cup of tea, take that picnic lunch and explore the sensory adventure of wine tasting at one of the 19 vineyards within easy reach of the city. The emerald-green hillsides with grape-laden vines offer a scenic tour to intoxicate you if the variety of award-winning wines doesn't.

Traveling to San Luis Obispo, take Highway 1 South or, for a more direct route via expressway, take Highway 101 South. Highway 1 offers the tourist a chance to visit Hearst Castle at San Simeon, the artists' colony at Cambria, and Morro Bay, home of the famed "Morro Rock." Highway 101 allows you to spend some time at Santa Margarita Lake, the Atascadero Park and Zoo, Mission San Miguel, and even to take a side trip to Pinnacles National Monument.

However your travels take you to the green valley where San Luis Obispo lies, you'll find history, excitement, and levels of leisure you will be hard-pressed to find anywhere else. In the shade of the eucalyptus and the shadow of vine-caressed hills, San Luis Obispo stands out as a wonder in its mix of California history and 20th century charm.

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# The Elkhorn Slough

by Nancy Ohanian



Driving north on fog-laden Highway One at seven a.m. on a bitterly cold Saturday morning, I wondered what in the world I had gotten us into again. With an apologetic glance at my husband as I handed him his third cup of coffee while he commanded our vehicle, I felt those unmistakable pangs of anxiety as though it might have been better if I had not answered that brochure from the Monterey Bay Aquarium. In my zeal for wanting my small family to get to know the wonders California had to offer us in the short eighteen months NPS would allow us here, and my fervor in being bonafide members of the Aquarium, I signed us up for an expedition to the Elkhorn Slough.

I contemplated our situation. This was to be "quality time" with our preschool-aged child, and "fun for

the whole family." So far, my husband had barely uttered an audible grunt to me since being shaken from beneath his electric blanket on the one day he didn't have to study, and my daughter was asleep in her pajamas in the back seat, with no remote sign of coming to life. The brochure

had instructed us to wear layers for warmth and shoes or boots that could get wet. I had properly prepared my troops by insisting they wear shorts, sweaters and old tennis shoes. It really made my day as we approached the designated meeting place, the Park and Ride lot across

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from the PG&E plant at Moss Landing, to find three representatives of the Aquarium joyfully pulling on hip waders!

This did not add to my husband's sense of humor. True to form, however, my family rallied to the occasion. We could have used the assistance of the "Jaws of Life" to extricate my daughter from her nesting place in the back seat, but once that chilly air hit her, she was awake....very unhappy, but awake. As I struggled to dress her quickly to avoid her getting pneumonia, I kept reassuring her that yes, we were going to have fun....come hell or high water, we were going to have FUN!

The Monterey Bay Aquarium provided three guides from its education department. They instructed us to follow them a block further north on Highway One just past the entrance to PG&E, where a small bridge crosses an inlet of the Monterey Bay. Before crossing the bridge, we descended the slope on the east side of

the bridge coming out almost directly beneath it. There, twelve other visitors and my own family of three were welcomed into the quiet dawn by the pristine beauty of the Elkhorn Slough.

Before us lay a vast expanse of mud, the tide being at its lowest point and the reason for the early morning meeting. The quiet overwhelmed me, the sounds of racing cars above us somehow vanishing into the fog. The banks of the shore were barely visible through the mist. I felt as though I was an intruder here, marring the tranquil spot with my footprints and afraid to speak above a whisper for fear of disturbing whatever inhabitants might be hidden in the mist.

Armed with shovels, buckets and microscope view-boxes, we were instructed to trudge the mud flats as we pleased in search of creatures our guides would identify. The innkeeper worm, moon snail, and anemone were but three we might find...then there was a bounty of crabs, clams and maybe even a starfish or two to

be found. My daughter was thrilled now...to be four years old, with other children, searching for indescribable sea creatures she might even be able to hold, and to be in all this mud! Well, she shot away from her Dad and me as fast as her legs could carry her in search of a "treasure."

The Elkhorn Slough is comprised of 220 square miles of mud flats and environs. Its waters are rich in chemical nutrients which help to produce microscopic floating plants called phytoplankton. These blooms spur the production of minute animals called zooplankton. Then, the hermit, worms, clams, shrimp, pelicans, and other water fowl enter the food chain. Ultimately, even humans become a part of the cycle here. The Elkhorn Slough is a wealthy environment, ripe for producing a population explosion in each of the cycles.

The mud flats, or "muck", as I came to call it during our morning there, is home to a staggering array of animal life. The "fat innkeeper" worm, or Urechis, is a worm-like creature about six to eight inches long. It burrows in the mud opening a trap at the top of the burrow resembling a small net. Through the net, the innkeeper filters in its food. The burrow of the innkeeper is large enough that many other animals such as clams, worms and small fish, share it's chamber...hence the name "innkeeper". The Polinices, or "moon snail", is a fierce predator on the mud flats. It glides along the mud until it captures a clam, then drills through it with rasp-like teeth in preparation for enjoying it as a meal. When a moon snail was put into a bucket with a cockle shell, we watched in utter amazement as the cockle shell did a spastic dance in an attempt to get away from the aggressive moon snail.

I became fascinated watching my very feminine daughter, knee and elbow deep in mud, digging eagerly for new creatures below the surface. With her Daddy right beside her digging for his own "treasures", I knew this had been a wonderful decision to come here. I turned to look the

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length of the Elkhorn Slough, wishing I could see and explore all seven miles of its secretive shores. Egrets, herons and brown pelicans were poking into the flats, feasting on the plentiful subterranean life here. I caught a flash of stirred mud just past the water's edge, a sure sign that a bat ray was dusting the bottom of the inlet for a breakfast of clams to crush in it's powerful jaws. In the peacefulness of this morning, it was hard to remember that an abundance of leopard sharks patrol these waters. Besides the shrieks of delight from the children as they discovered new creatures in the slough, the only other sound was that of a fisherman's oars, shushing against the waters in search of his catch of perch, flounder, rockfish, or sole.

As we began to gather up our things to depart the slough, it took some time convincing our daughter that an innkeeper worm and a pile of snails would not make good pets and had to remain in their own home. We tenderly laid each creature back in a place similar to that which we had found it. Our group sloshed in our muddy shoes up the slope toward the highway and our cars. I turned to take one last look at this eerie, almost primeval place. A flock of brown pelicans took flight and waved their giant wings at me as they headed to their afternoon meeting place. The shrouding mist of the morning fog was almost gone, melted by the fervor of the sun. The incoming tide was erasing all traces that we had ever been here. I made a promise to myself that we would come back here again. And I hoped that, somehow, maybe just a portion of a footprint I had made, now buried beneath the chilly bay waters, would become the home to one of the creatures that had shared the secrets of the Elkhorn Slough with me this day.

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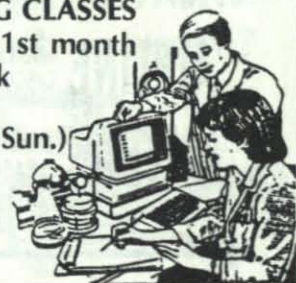
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# FROM AIRPLANES TO YACHTS -

by Mary Anne Schneider

The Recreation Department of the NPS provides a variety of recreational facilities and services for students and their families. Questions and requests for information may be directed to Recreation personnel at 646-2127.

Year-round sports activities include Basketball (October through December, over-30 League, January through March, regular play), Softball (April through December), Squash, Rugby Club (October through March), Volleyball (Men's League, October through December; Women's League, all quarters), Swimming, Tennis, Soccer, Badminton, Lacrosse, Handball and Golf. Children's sports include Junior Soccer and Little League. Instructional classes for chil-

dren include tennis, dance, golf and swimming.

The NPS Golf Course is located behind the Monterey County Fairgrounds. The Golf Course has a clubhouse with snack bar, lounge, men's and women's shower rooms and a combination Pro Shop and Starter Shack. A Golf Driving Range is located across the street from the Pro Shop and all persons eligible to use the Golf Course are authorized to use the Driving Range.

The NPS Gymnasium is located next to the Child Development Center and includes a basketball court, squash and racquetball courts and an exercise room. The exercise room is equipped with all the necessary equipment for a physical fitness and

reducing program, including a complete set of Nautilus equipment, Lifecycles, sauna, and an instructor. The gym is open Monday through Friday from 1000-1800, and on Saturday, Sunday and holidays from 1300-1800. A variety of exercise classes for adults are conducted at the NPS Dance Studio, which is located across the street from the gym.

The NPS Picnic Grounds are located on the golf course grounds and are available by advance reservation for picnics to active duty and retired military personnel. Reservations can be made through the recreation office and a fee of \$30 or \$60 is charged.

Sailing is another sport that can be enjoyed by NPS students and their families. NPS owns four Shields

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Class sloops which are 30-foot open cockpit yachts, two 22-foot Santanas and one Capri. To obtain use of these boats, a person must first obtain qualification as a cruising skipper. The NPS Sailing Association has regularly scheduled training and also maintains an active racing program.

Two swimming pools are available for use at NPS from the end of May through October. The large pool is open from 1100-1300 for lap swimming for students, staff and faculty Tuesday through Friday and both pools are open from 1300-1800 for open swim. The pools are open Satur- and Sunday 1000-1800 and are closed Monday. Season passes are on sale at the Recreation Office.

A total of 12 tennis courts are

available at NPS and in La Mesa Village. Two courts are located below the swimming pool, two in front of Hermann Hall, six in La Mesa Village and two beside F.N.O.C. at the Annex. Reservations are required for use of the courts on the NPS campus and must be made in person at the Recreation Office.

The Monterey Navy Flying Club (M.N.F.C.) operates from the Monterey Airport and is open to all active duty and retired military personnel and their families. the (M.N.F.C.) exists to meet the need for low-cost, safe light aircraft operation for its members and has single- and multi-engine aircraft available. Instruction for all phases of flying is available and beginners are welcome.

Day care, pre-school and Youth Programs are under the supervision of the Recreation Manager and provide educational and recreational opportunities for dependent youth. Additional information about these programs can be obtained by contacting the Recreation Office.

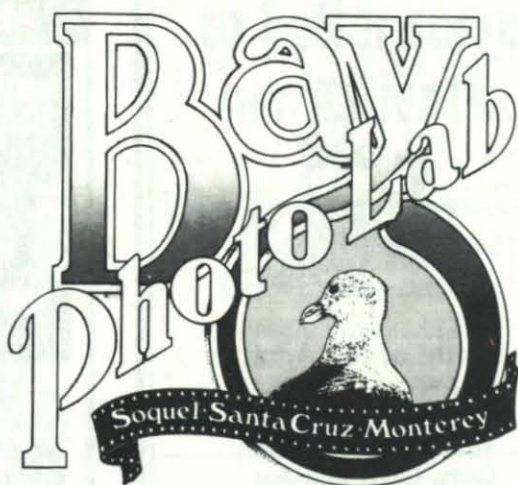
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Vacation and entertainment information for the Monterey Peninsula is available at the Recreation Office. Folders, brochures, maps, and lodging and entertainment information can be obtained.

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# Plan Ahead To Attend Your Navy Ball

Mark this date on your calendar. Saturday, Oct. 13 has been set for the Naval Postgraduate School Navy Birthday Ball. The theme for this year's Birthday Ball is "215 years of assuring the survival and the success of liberty."

As in the past, the Ball will be held in the Barbara McNitt Ballroom of Hermann Hall. Dress will be Mess Dress Whites or civilian formal and everyone will be treated to a delicious dinner and night of dancing and military tradition.

The Navy Birthday Ball committee is headed by Catherine Kulp, whose chairmen - Mary Cissel, Jody Luman, Becky English, Linda Mattes, Andy Earle and Sara Smith - have been busy planning this occasion.

It is not too early to begin making plans to attend this year's Ball. Ticket sales for this popular event have been set for the middle of September. There will be more information in the Classmate and Pink Flyer publications during the upcoming months.

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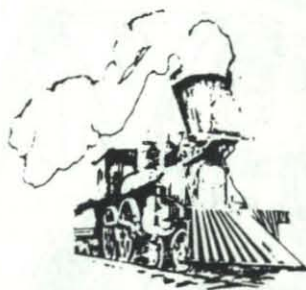
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# You Can Run, But You Can't Lose

If you haven't started yet, there's still time. Time, that is, to train for the annual La Mesa 10K and Fun Run scheduled for Aug. 4.

You don't have to be a dedicated runner or even a weekend jogger. It's all for fun (except for those of you who plan to finish in the first few places) and there will be plenty of cheers and encouragement from the spectators who line the roads.

The course is three laps around La Mesa Village (Shubrick, Spruance, Leahy and Revere roads). The hills are gradual at the start, with one moderately steep downhill run each lap. This route is especially good for the first-time racer.

So how does the novice runner get started? A good way to begin is to run one third of the course distance, at least three times a week, for about a month before the race. This will

build up your endurance so you can finish the run on Aug. 4. For those of you who want to "burn up" the course, you should have been running 25 miles a week for a few months already. So get out there and get started! First place male and female 10K runners will receive a two-month family membership to Chamisal Tennis Club and Fitness Center. Other prizes, donated by local merchants, will be awarded in each age category. There will also be drawings for more prizes throughout the day. Look for registration forms in the La Mesa Village Store, the gym, and local running shops.

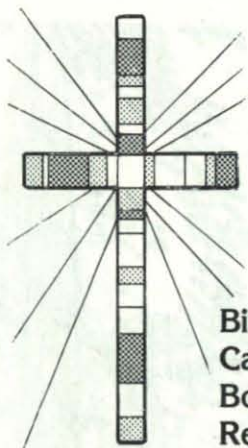
Not interested in running 10 kilometers? How about joining the "traveling party"? The La Mesa Fun Run is a one-mile walk for everyone from the smallest babies to Grandma and Grandpa. Wagons and strollers are

welcome. Of course, awards will be given to winners such as the first family, the largest family, and the first stroller, among others.

Registration for both races should be completed by Saturday, July 28. The fee for the 10K race is \$10 and this includes the 1990 La Mesa Run T-shirt. In this updated version of the shirt, Barby Blackburn's sea otter relaxes in a sea of neon.

Race day registration is \$12 and begins at 7:30 a.m. The 10K will begin at 8:30 a.m. The Fun Run starts at 10:30 a.m. and will cost adults \$2 and children 12 years old and younger \$1. Families will be charged no more than \$6. All racers may order their T-shirts when they register, or buy them (\$6/adult or \$4/child) at the race.

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# Take A Break From Designer Camping

by Leigh Gardener

If the call of the wilderness and great all-outdoors still leaves you thinking of a Holiday Inn at sundown, you qualify as a day camper. Fortunately, we live in the perfect part of the world for day campers. Among my personal favorites is the coastal highway to Big Sur.

To begin this day trip excursion, you will want to select your most trendy camping wear. You can forget the heavy camping boots; wear the Liz canvas shoes instead. Your entire look should be a silent designer label statement; although, if the label should read "Monte Mart," you may want to tuck it in.

Another consideration will be your choice of automobile. Instead of the traditional recreational vehicle, opt for the low-to-the-ground sports car. If you don't own one of these European trend setters, don't worry. You can usually borrow one from your favorite bachelor. If this makes traveling with children difficult, you may want to leave them with a sitter or store the loud ones in the trunk. Either way you are assured of a pleasant day.

If all of the above-mentioned suggestions leave you with a shallow impression, take heart. This day

camping trip ends where the elite meet to eat. Our destination is Nepenthe.

The drive along Highway 1 is just as beautiful for us day trippers as it is for the rugged wilderness types. Everyone notices the incredible view where the grand mountains meet the beautiful Pacific. You will know you have arrived after you have traveled 30 miles of this beautiful highway and you see multi-dollared cars lined up along the highway. The Nepenthe sign beckons you to "Come and forget your worldly cares." You have arrived at the campground for the wealthy.

Begin with a hike up the steps leading you to the lodge-type restaurant. Nepenthe is nestled in the woods and on a clear day the view of the Big Sur coastline is unbeatable.

There may be a wait for a table, especially during a holiday week. If you should have to wait, enjoy my kind of campfire experience on the terrace. They serve wonderful hot drinks by a warm open fire. As I sat outside on the terrace last winter, two stars from television's "L.A. Law" were casually leaving. I tried to remain fashionably unaware as my

mother-in-law gripped my forearm while loudly saying, "Do you know who that is?" I did know that I was truly getting my money's worth that day.

I must add that the menu is terrific. For lunch the menu consists of sandwiches and other similar light fare. Believe it or not, some of the prices are reasonable.

After lunch, follow the trail down to the Phoenix gift shop located alongside. I never consider a camping trip truly successful until I have bought an unusual trinket or two. This shop is my dream come true since it is full of unique gift ideas.

I hope you will give this day camp a try. It is a real California experience and only an hour or so away.



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# Life Among The Ruins

## Roasting the "Ultimate Marshmallow"

by Beth Hedges

Have you ever wondered about the lost art of roasting marshmallows? I recently rediscovered how much fun this could be! I was camping in Big Sur with my family a couple of months ago and this became an evening ritual. One evening some friends joined us around the campfire (which we had to have in order to stay warm) and we began the task of finding the *best* way to roast marshmallows.

The children were developing their own methods. One chose to have the marshmallow three feet above the fire and considered it done when it was

warm to the touch, thus creating the *rare* marshmallow. Another child placed the marshmallow closer to the fire, but would not allow it to brown, enjoying his *medium rare*. The adults drew upon techniques learned as children themselves. By meticulously browning (but not burning) all surfaces of the marshmallow, the *medium* marshmallow was developed. Meanwhile, one adult demonstrated a method of setting the marshmallow on fire until it was well blackened - therefore, you guessed it, *well done*. We jointly expanded the horizons of marshmallow roasting by toasting one to golden brown - then pulling off the outside layer and returning the remaining marshmallow to the fire - seeing how many times we could remove an outer layer. I believe the best was four times. The rumor among the redwoods was this was the *ultimate marshmallow*.

Roasting marshmallows is just one of the many things camping at Pfeiffer Big Sur State Park has to

offer. We found many trails to hike, a bike ride in the redwoods was a special treat, and woodland creatures were plentiful. Big Sur is a wonderful place in which to escape, allowing you the solitude and atmosphere you need to refresh yourself from the long hours of studying. We have found the campground does fill up rapidly on weekends. Reservations for this State Park as well as any other in California may be made through MISTIX Corp., 1-800-444-7275.

Whether you are a novice or expert camper, Fort Ord Outdoor Recreation Department has everything you would want or need for camping, from the simple lantern to a camper that sleeps four. In addition to gear rental you may want to check out their special programs for the summer. The phone is (408) 394-7203.

Now remember, when you make the trip to Big Sur, be sure and bring a big bag of marshmallows and try your hand at making your *ultimate marshmallow*.



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# Women's Bowling League

Need a break from your kids? Would you like to meet some new people? Then come join the OSWC bowlers on Wednesday mornings at Lincoln Lanes.

This is a sanctioned handicapped league (beginners to advanced) with weekly fees being \$6. Seasons run quarterly coincidental with the NPS schedule. Childcare is provided at Lincoln Lanes for a slight additional fee.

An end-of-season banquet (gals only) is to be held at some favorite eatery and cash prizes will be awarded.

The beginning date for the summer season is July 11. Latecomers are welcome. The fall season will begin in October.

If this sounds fun to you, please call Cheri at 373-1183.

## Get Smart.

Mensa, the international "high I.Q. society," will administer qualifying tests at Presidio of Monterey on Saturday afternoon, July 14. Reservations should be requested early by writing to: Mensa Test Proctor, 1029 Forest Ave., Pacific Grove, CA 93950. Further information will be sent.

About 20 percent of Monterey County Mensa are active or retired military personnel (enlisted and officers), dependents, or civilian employees of the services. The chapter's main social event each month is held on a local military installation.

Membership in Mensa, which has chapters throughout the nation and the world, is open to all who score within the top 2 percent of the general population on standard I.Q. tests.

For information about Mensa International or Monterey County Mensa, call 449-6398.

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# Eleven Great Spots to Park Your Kids

Children can play safely and not too far from home in Monterey at 11 neighborhood parks and area school sites this summer. The City's Playground Program reopens on Monday, June 25 for nine consecutive weeks for children 5 to 14 years old. Recreation leaders will be on duty Monday through Friday from 10 a.m. to 12 noon and from 1 to 4 p.m. unless otherwise designated.

Children will participate in games, sports, crafts, folk dancing and weekly special events such as "Roller Skating," a "Fun in the Sun Event," "Playground Carnival," and the annual "Jr. Olympics Track and Field" event. Out-of-town excursions are also scheduled and include trips to Great America, Raging Waters, Sammut Oton Kennels, and Bolado Park near Hollister for swimming.

Those wishing to take part in the playground program can register at the following sites: Casanova Oak Knoll Park, Deer Flats Park, Del Monte School, Fisherman's Flats Park, Hilltop Park, Larkin Park, Montecito Park, Monte Vista School (afternoons only), Archer Park enter, Oak Newton Park, and Via Paraiso Park (mornings only).

For further information, contact the Monterey Recreation & Community Services Department office at 646-3866.



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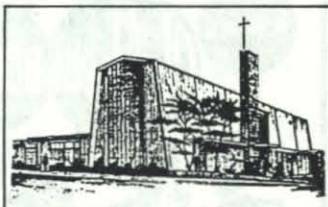
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## Roll Over Beethoven— Bach is Back!

The Carmel Bach Festival presents its 53rd season this summer. The festival runs from July 16 through August 5. This year's program:

Monteverdi's opera *L'Orfeo*; Bach's *Mass in B Minor*, *Magnificat*; the complete *Brandenburg Concerti*, *Cantata #1*; and *Concerto for Four Harpsichords*; Members of the New York Baroque Dance Company will perform in *Les Elements*, a ballet by Jean-Fery Rebel, and dance to a Bach keyboard suite; Vivaldi's *Concerto for Four Violins*; Mozart's *Piano Concerto in B-Flat, K.595*; Brahms' *Symphony #4 in E*; and the Mission Concert will feature 17th century Venetian Music.

The 21 days of the festival give 18 formal evening concerts, three opera performances, 18 recitals, a children's concert, an outreach concert in the community of Seaside, as well as lectures, symposia and a summer mudic camp.

A Festival favorite every season is the dazzling and inspirational Wednesday night concert, set in the historic Carmel Mission Basilica. This concert, formally known as the Founders Memorial Concert, is now popularly known as the Mission Concert. The old Spanish mission holds only 385 people and tickets are always in very great demand. Candles light the nave and the singers proceed in stately silence down the aisle following brightly colored, gilded heraldic banners with the arms of the composers who are featured that year.

Tickets are available at the festival office, located in Room 11 of Carmel's Sunset Center.



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# Coastal Cuisine



## A Taste of Gilroy's Heavenly Harvest

by Susan Romanelli

Highway 101 stretches north through dozens of small farming communities, but to find Gilroy, the world's garlic capital, all you have to do is follow your nose. It smells delicious. The air, especially around harvest time when the processing plants are in full operation, is filled with the wonderful aroma of onions, tomatoes, and garlic. According to local legend, Will Rogers described the town as the only place "in America where you can marinate a steak just by hanging it out on the clothesline."

Gilroy earns its reputation by producing nearly 200 million pounds of garlic each year. About 60 million pounds of this is sold fresh in the markets of America and Europe. The rest is dehydrated for use in seasonings, packaged food, and health aides.

On July 26 and 27 the natives of Gilroy, and over 140,000 fellow garlic lovers, will celebrate this fragrant bulb still believed to have magical powers

(if only in the kitchen) at the annual Garlic Festival. It's worth a trip, even if you hate elbowing your way through throngs of garlic worshippers, to listen to the folklore, swap recipes, and sample garlic ice cream. This year's celebrity chef is another bonus. Martin Yan, from the Yan Can Cook program, will be there to show off for the crowds. Just remember, leave those sweaters home. Gilroy is far from the cool breezes of the Monterey Bay.

This recipe, by chef Lou Trinchero of Gilroy, was served in the Garlic Festival's Gourmet Alley. It originally called for 700 pounds of top sirloin, 250 pounds of green peppers, and 750 loaves of French bread. This version will generously feed four.

### Garlic Festival Bell Pepper and Steak Sandwiches

8 bell peppers, seeded and sliced in quarters

1 medium-sized onion, chopped  
3 cloves fresh garlic, minced  
Salt and pepper to taste  
Olive oil  
3/4-pound top sirloin steak, barbecued or broiled to your taste  
8 French rolls, halved and basted with garlic butter (see following recipe)

In skillet sauté peppers, onion, garlic, and salt and pepper in olive oil until tender. Brush rolls with garlic butter and heat in the oven or toast in the broiler or on the grill. Slice steak thin and place on bottom half of roll. Top with pepper-garlic mixture and other half of roll.

### Garlic Butter

1/2 cup butter  
2-3 cloves fresh garlic, pressed or finely minced

Cream butter. Add garlic and beat until fluffy. Makes 1/2 cup.

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## La Mesa Residents Association News

Are you a pet owner? If so, then you should be aware of your responsibility to your pet (and fellow residents) in regards to your its care and proper restraint.

Monterey county and city and La Mesa regulations require that all dogs and cats be licensed and not permitted to run at large. Pets should be registered with the Base Police at time of occupancy of quarters. If you should acquire a pet after moving to La Mesa, it must be registered immediately with the Base Police. Dogs and cats must be restrained on a leash, not to exceed six feet in length, or within an enclosed fence when outside the living quarters. Public health laws require that you re-

move waste left by your dog, whether in your own yard or on public grounds. Particular care should be taken not to let dogs or cats near the various children's playground areas. Waste in these areas is too often tracked into homes by small children. If you permit your pet to run loose or cause any other type of disturbance, such as barking, biting, and so forth, this can be cause for having your pet removed from public housing areas. It could also result in removal of the sponsor from quarters.

If you have a complaint about an animal, and you know the address of the owner (this includes loose dogs), then you should notify the Base Police. In

the event of a loose dog, you can call the Base Police at 646-2555 for further transport to the S.P.C.A. Repeated offenses will be cause for removal from quarters, as stated above, of the dog or the dog and its sponsor. As a pet owner, you have the same responsibilities to it as you do to the other members of your family.

The Housing Office Staff and Base Police, as well as the La Mesa Residents Association, are doing their utmost to make your tour here as enjoyable as possible. Your cooperation is sincerely solicited. Remember what may be a pet to you can, and possibly is, a nuisance to others.

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# Living with Children When Mom Goes To Work

by Marianne Bingham Rowe – MS, MFCC

"All you do is go to work." "You never have time for me anymore." "Why can't things be like they used to be?" Whether spoken or unspoken by a child when mom starts working outside the home, these statements are probably similar to some of mom's own reactions and frustrations about this change in routine. When-mom-gets-an-outside job is an event that requires an adjustment from everyone — dad, kids and mom. Suddenly their person who orchestrated everyone's routines and schedules has other responsibilities and less time and energy. Every family member is affected and each one reacts in his/her own way. This adjustment, however, need not be a cause of major concern or trauma but, like most other family adaptations, can be managed with increased understanding and communication.

The children's reaction is primarily to the decreased time mom has to spend with them and the increased responsibilities that they are required to handle on their own. In short, they initially resent this change and don't understand why it has to be. Young children may need reassurance that mom will return and that her leaving is not their fault. Adjustment to the new schedule will take time and may be met with resistance at first. Adaptation will be hastened as the new routines are established and maintained with consistency. While children may have increased "grown up" responsibilities, it is important that everyone in the family remember that the children are not grown up yet and to make sure they are allowed to be kids. In the redistribution of household duties, it is important that parents keep in mind that a child's capa-

bilities are not the same as an adult's — mistakes will be made or chores forgotten (a chart or list can help eliminate this problem), and it is essential that a child have time to play. Feelings of abandonment are alleviated as a daily time is set when mom focuses all her attention on each individual child. Even if the available time is only 15 minutes, a key to establishing and maintaining the parent-child bond is in the child's feeling confident of parental love and attention rather than the number of hours spent in the same house.

If a young child is staying at home or with family members during mom's absence, phone contact made half-way through the day (for example, at lunchtime) can let the child know that mom is thinking of him and will see him at dinner that evening. Keep in mind that a child's concept of time is vastly different from an adult's and the time from early morning to evening can seem like an eternity. At this age, time is best understood in terms of events, like naptime or dinner, rather than numbers of hours.

Often mom's employment necessitates a child's enrollment in a preschool or day care program. Needless to say, the happier a child is in such a program, the less effect mom's absence will appear to have. Even though a child may seem like she couldn't care less, she is adjusting to this change internally and, as we are all familiar, few adjustments are easy. If a parent senses that a child is "putting up a front," she might try telling or reading a story about another child's reaction to mom's absence, a story that communicates some of the mixed feelings or confusion that often follows this change.

The story may or may not prompt the child to share some of her own feelings, but it will, at the very least, let the child know that the feelings are alright.

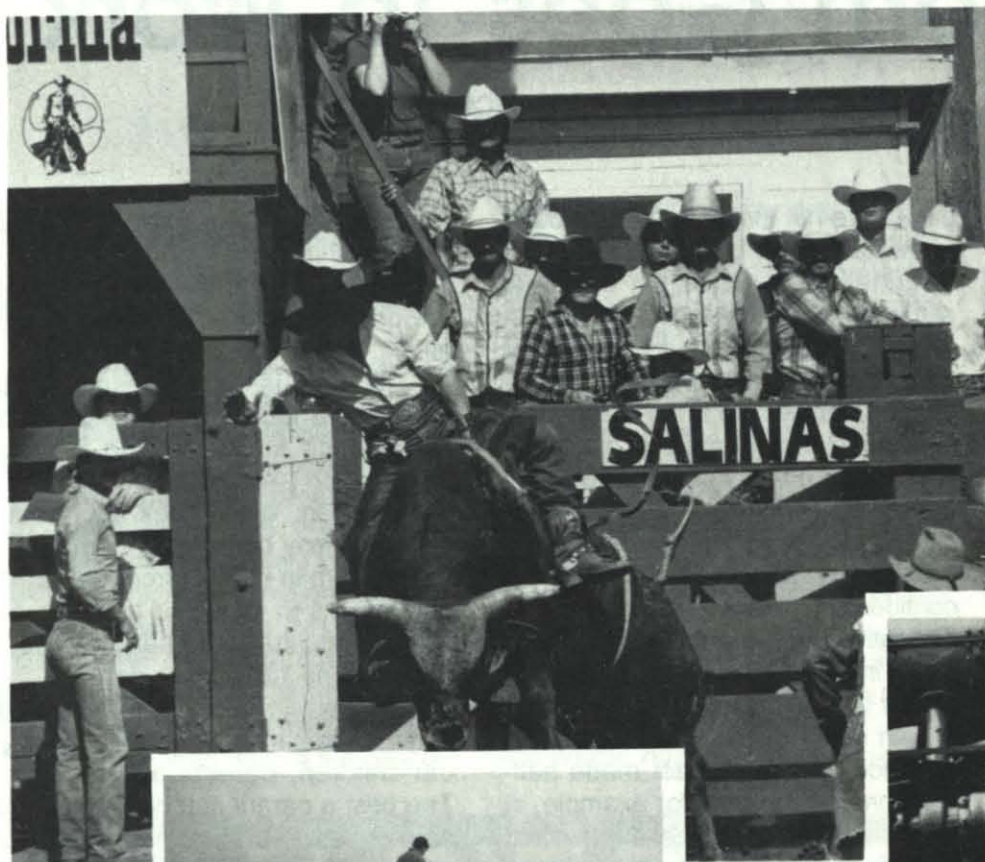
The final issue addressed here may be, in fact, the first issue that mom faces after deciding to take another job — guilt about "leaving" the children. While flack about employment may come from mom's own family, from in-laws or from friends, it only seems to hit home as much as there is uncertainty in her own mind. There is no absolutely-right-for-all-children way to parent; needs and ways to meet them vary in the individual children, parents and families. The best a parent can do is to give it his/her best shot. If a mom needs to work outside the home for financial, emotional or whatever reasons, the children — with the help of both parents' understanding and attention to their needs — can accept and adjust to the family restructuring that follows. In fact, the children often accept and adapt more quickly than the adults, so that the adults are so caught up in feeling guilty that they don't see that the children are doing just fine.

*Marianne B. Rowe is a licensed therapist who specializes in working with children and families. In addition to her more than ten years experience as a therapist, she has been a preschool and elementary school teacher, a consultant to hospital and educational staff, and a camp counselor for children with severe behavioral problems. She is presently in private practice in Pacific Grove, California.*



# July Around The Bay

by Tina Brock



**13-15 West Coast Championship Paso Fino and Lippizzon Horse Show** Spanish horses are flourishing in the U.S. horse market. Here the finest in gaited and royal dressage are featured competing for top honors. The Paso Finos are noted to be the smoothest of all riding horses and excel at all forms of equine athletics. Held at the Monterey Fairgrounds. For more information, call (415) 376-7637.

**13-15 St. Mary's Antique Show** In its 33rd year, this popular antiques show and sale features 28 selected

dealers exhibiting a wide variety of collectibles. Specialists will give lectures and lunch will be served both days. This is a fund-raiser for the church. The hours will be 11 a.m. to 6 p.m. Friday and Saturday, and 12 noon to 5 p.m. on Sunday. The church is located at 146 12th St. in Pacific Grove. For more information, call 373-4441.

**14-15 Obon Festival** This annual event at the Monterey Fairgrounds features dancing by kimono-clad dancers and buyo dancers, demonstrations of calligraphy, judo, Japa-

nese flower arranging, and bonsai. Obon is a Japanese dance originating from the Buddhist tradition. The hours are 12 noon to 9 p.m. both days and admission is free. For more information, call 394-0119.

**16-Aug. 5 Carmel Bach Festival** This celebration of the music of J. S. Bach takes place for three weeks and includes concerts, recitals, opera, lectures and symposia as well as various social events and a children's concert. For more information, call 624-2046.

**19-22 California Rodeo Salinas**



See America's best cowboys compete for world championship points on the wildest broncos and bulls in the country. Also trick riders, horse races and horse show competitions. The rodeo will be held at the rodeo grounds on North Main Street in Salinas from 1:30 to 5 p.m. Tickets will be from \$6 to \$13. For more information, call 757-2951.

**20-29 Monterey National Horse Show** The 54th Monterey National Horse Show features exciting high jumping, carriage driving, cattle working horses, and more. It's a nine-day extravaganza for horse lovers. Held at the Monterey Fairgrounds. For more information, call 372-5863.

**26-27 Gilroy Garlic Festival** See "Coastal Cuisine" in this issue for information.

**23-28 Feast of Lanterns** A week of activities celebrating Pacific Grove's birthday. Includes parade, barbecue, entertainment, pageant and fireworks. For more information, call 758-7314.

**28 Monterey Bay Arts and Crafts Show**

#### August

**2-6 Steinbeck Festival XI** Featuring bus tours and walking tours of Steinbeck Country, Steinbeck films, lectures and panel discussions. Bus and walking tours highlight sites important to Steinbeck, his writing, and his life. For more information, call 758-7314.

**4 11th Annual YMCA Women's Walk-Run** Support the YMCA's Emergency Shelter for Battered Women with this walk/run along a scenic, gentle course. For more information, call 649-0834.

**4-5 Scottish Festival and Highlands Games** This colorful, traditional gathering of Scottish clans and families includes bagpipe music Highland and country dancing, Scottish food, and the traditional athletic competitions. Held at the Monterey Fairgrounds. For more information, call 899-3864.

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